



## **PERSONAL EMERGENCY PREPAREDNESS (PEP) Training Classes for the City of Los Altos**

**This training is offered in coordination with the City of Los Altos, Los Altos Police and Santa Clara Co. Fire Dept.**

**Presenter: George Hurst, Santa Clara County Fire Department Emergency Services Coordinator**

The Personal Emergency Preparedness course is a 4-hour class designed to prepare citizens to cope in event of a disaster and to be self sufficient during the first 72 hours or until emergency relief is available.

### **Location: Hillview Community Center**

**97 Hillview Avenue, Los Altos, CA 94022**

**Dates: Saturdays 2011, 9:00 A.M. – 1:00 P.M. Choose to attend one of the following sessions on:**

Class Code – 330813.01 - Feb 5

Class Code – 330813.02 - Feb 26

Class Code – 430813.01 - March 26

Class Code – 430813.02 - April 16

**Dates: Wednesdays, 2011 – Choose to attend both of the 2-hour sessions on:**

Class Code – 430813.03 - March 23 and March 30, 7:00 P.M. – 9:00 P.M.

### **Location: Grant Park Center**

**1575 Holt Avenue, Los Altos, CA 94024**

**Dates: Saturdays 2011, 9:00 A.M. – 1:00 P.M.**

Class Code – 430813.04 - March 19

Class Code – 430813.05 - April 9

**Registration for classes is by phone, Recreation Office walk-in or on-line:**

Los Altos Recreation Department (650) 947-2790 or at: [www.losaltosrecreation.org](http://www.losaltosrecreation.org)

Class size is limited to 25, residents of Los Altos - All PEP Classes are provided at no cost to residents.

### **Are You Prepared To?**

Help yourself...Help your family and add a little PEP to your life!

The City of Los Altos in coordination with the Santa Clara County Fire Department and the Los Altos Police Department will offer Personal Emergency Preparedness (PEP) training classes.

This course will assist individuals and families to plan and be prepared in the event of an emergency or disaster.

When disaster strikes, it may be days before emergency medical, police and fire arrive in your neighborhood. An additional purpose of this course in Personal Emergency Preparedness is to inform and prepare individuals to be self sufficient for days after an area-wide emergency.

### **Emergency Preparedness topics include:**

- The impact of an area-wide disaster for individuals and community
- Workplace and home safety
- Earthquake emergency supplies to have available
- What to do when your phones don't work; how to contact your family members
- When and how to turn gas/electrical/water off
- Fire Safety and how to use a fire extinguisher
- Medical aid for the first five minutes after an event
- Household hazardous materials
- Senior citizen health and wellness